



Handling Large Industrial Drums

Moving a large drum from one location to another may seem like a relatively simple task. However, there are safety precautions that must be followed per OSHA regulations and to ensure an appropriate response in case a spill or fire occurs. Use these guidelines and learn more at [osha.gov](https://www.osha.gov).

Check the drum's label before moving it. (Its classification provides information about the level of fire hazard, degree of health hazard and the material's reactivity.) **CAUTION:** Unlabeled drums should always be treated as hazardous. Also, keep in mind that drums could be mislabeled if they were reused.

Inspect the drum for leaks, deterioration, warping, bulging or wetness before moving it. **CAUTION:** Bulging drums may mean pressure is building inside the drum — and they should not be moved.

Determine how to move the drum from its standing position (using a drum tilting lever, pulling, pushing, or combinations of pulling and pushing).

Establish the best way to move the drum — either with team members, using a pallet, rolling it or pushing it.

Plan your route in advance to see how much room you will need and to check for obstacles in your path.

Wear appropriate gloves when handling large drums to protect yourself.

Develop a plan in case the drum starts to fall, leak or spill. Ensure that the proper emergency and rescue equipment (fire extinguishers, etc.) is operating and close by.

SAFETY CORNER

Safe Drinking Water



We all know that it's important to stay hydrated by drinking water, but knowing what's in the water we drink is just as pertinent. To be safe, the nonprofit Environmental Working Group (EWG) advises you to:

Drink filtered tap water when you can. Choose a filter certified to remove contaminants found in your water. Learn more at [ewg.org/tap-water/getawaterfilter](https://www.ewg.org/tap-water/getawaterfilter).

Install a whole house water filter to remove possible contaminants. A reverse-osmosis filter is best but can be expensive. A carbon filter (pitcher or tap mounted) is affordable and can reduce many common water contaminants. Important: Change your water filters when recommended.

Use BPA-free or stainless steel water bottles.

Learn what's in your tap water by reviewing the EWG's National Tap Water Atlas at [ewg.org/tap-water](https://www.ewg.org/tap-water).

Get your water tested if you have well water.

Skin Sense

Summer can be hard on your skin — especially for those who work outdoors. To prevent sun-related skin damage and melanoma, the CDC recommends these basic precautions:

Seek shade when you can.

Apply sunscreen liberally and often (after swimming, sweating, and/or after two hours). Use at least a 30 SPF broad-spectrum, water-resistant sunscreen. **Tip:** Check the expiration date. Sunscreen typically has a shelf life of no more than three years, which can be shortened if it's been exposed to high temperatures.

Wear long-sleeved shirts and long pants made from a tightly woven fabric. Darker clothes may also offer more sun protection.

Don a hat and sunglasses.



Learn more at [cdc.gov/cancer/skin/basic_info/sun_safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun_safety.htm).

10 DIY Dos & Don'ts

Many of us like to think that we are skilled do-it-yourselfers, but even expert DIYers need to follow the rules of safety. Before you start your next project, be sure to familiarize yourself with these important dos and don'ts:

DO wear appropriate protective gear such as safety glasses, work gloves and ear protection.

DO inspect your tools for wear, loose parts or damage before use.

DO keep your tools maintained and clean.

DO check wires with a noncontact voltage tester before touching them. Electric shocks can be fatal.

DO make sure you set your ladder on a flat surface and check rungs before climbing. Keep metal ladders away from electrical lines and always use three points of contact while on a ladder.

DON'T forget to read and follow all power tool directions before operating them.

DON'T attempt to use makeshift scaffolding — that can only result in disaster. Instead, use an appropriate ladder size for the job. If you don't have one, rent or borrow one.

DON'T leave anything — paint buckets or tools — on top of a ladder.

DON'T use a nail gun on bump or automatic trigger as it can result in unintended nail discharge. Instead, use full sequential trigger nail guns. **Caution:** Never point a nail gun at anyone.

DON'T paint or stain in a poorly ventilated area. Instead, make sure you are outside or near open windows with plenty of ventilation. Always use a respirator with organic vapor cartridges if using spray or oil-based paints.



August is Children's Eye Health & Safety Month.

Contact Lens Safety

If you wear contact lens, set an example for your children with these safe habits:

- ➔ Follow the care and cleaning program recommended by your eye care provider.
- ➔ Always wash your hands before handling contact lenses.
- ➔ Use a contact lens disinfecting solution. Never use water or saliva to clean your lenses.
- ➔ Never sleep in your contact lenses.
- ➔ Don't swim, shower or use a hot tub while wearing your contact lenses.
- ➔ Wear appropriate eye protection when wearing contact lenses. Contacts are not a substitute for safety glasses or goggles.
- ➔ Keep an extra contact lens kit with you in case you need to remove them or clean them when you're out.
- ➔ Remove your contact lenses immediately and call your eye doctor if you experience eye pain, redness or blurred vision.



August 10 to 16 is Safe & Sound Week,

an OSHA event that recognizes the successes of workplace safety and health programs and offers information and ideas on safe workplaces. Learn more at [osha.gov/safeandsoundweek/](https://www.osha.gov/safeandsoundweek/).



Staying Cool and Safe: Plastic and Inflatable Pools

When your little ones are looking for a way to stay cool at home, it's always great to have a child's pool in your backyard. But just because it's small doesn't mean it's safe. Here are some pool precautions:

Supervise your child. Keep your full attention on your child with no distractions, including your cell phone. Consider installing door alarms, too.

Empty small pools and keep a barrier around a larger inflatable. Install a fence around larger inflatable pools to prevent entry. **Caution:** Portable pools pose a particular danger because the sides can easily collapse and can cause a child to fall into the water.

Teach your child to swim. It's never too early for them to learn. Have them always wear a personal flotation device in or near the pool, too.

Prevent bacteria from spreading. Empty the pool and clean it with a disinfectant after every use. Allow it to dry in the sun for four hours. If a child soils his or her diaper while in the pool, clear the pool and repeat the same procedure. **Note:** According to the CDC, medium and larger inflatable and plastic pools that cannot be emptied daily need to have filters and appropriate disinfection systems that meet the same codes and requirements as full-sized swimming pools. Learn more at [cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html](https://www.cdc.gov/healthywater/swimming/swimmers/inflatable-plastic-pools.html).

Know CPR. Even the most vigilant parents may have to respond to an emergency.



The **Smart Moves Toolkit**, including this issue's printable download, **Vaccination: A Smart Investment**, is at personalbest.com/extras/20V8tools.

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